

# ROADS

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 Lajes Field, Azores  
[www.lajes.af.mil/pa/65thpa.htm](http://www.lajes.af.mil/pa/65thpa.htm)

## CROSS

U.S. Air  
 Force  
 CORE  
 VALUES



- Integrity First
- Service Before Self
- Excellence In All We Do



*Photo/Guido Melo*

Mateus Avila, an employee with the community center, does some work in what will be the new coffee shop. The shop is scheduled to open April 1 and includes a gift shop.

## Community center coffee shop set to open in April

**SSgt. Rosaire Bushey**  
 Editor

The 65th Services Division Community Center is taking notice of customer surveys. The center is finishing up a coffee shop which is scheduled to open April 1. The shop is a direct result of input from customers.

"Last year we sent out a survey and people indicated that a coffee shop would be something they'd use," said John Thurmon, CC director. "We worked the idea, moved the video arcade to a different area, ordered some new furniture and equipment and found a contractor to run a coffee shop," he said.

The shop, which will initially keep the same hours as the community center, will feature Portuguese and flavored coffees, tea and other beverages except alcohol.

Thurmon said the shop's hours

could change depending upon what the customers want and what kind of feedback is received.

"The shop will also feature pastries and deli sandwiches which gives people another alternative for lunch," he said.

Included in the shop is a small shop called "Whale's World" where people can buy gifts and items with a nautical theme to include posters, post cards, T-shirts and more. Whale's World is open now according to Thurmon.

"Everyone is welcome at the coffee shop and we hope people give it a try," he said. "This is here because people said they wanted it, now they just have to use it."

Whale's World is open Tuesday through Thursday from 1 to 5 p.m. and Friday and Saturday from 10 a.m. to 5 p.m. People who want to buy items when the store isn't open can ask the silver concessionaire for assistance.

## Non-licensed drivers could be jailed

The Regional Governemnt of the Azores passed legislation recently that went into effect Sunday.

The new law states that people caught driving motor vehicles without a license can be taken to court and jailed for a period of up to one year.

Base officials say that Americans who possess a local driving license and get stopped without the license in their possession will be required to bring the license to the police station.

"Obviously, the best thing people can do is to always have their license with them whenever they drive a car," said Maj. David Conley, chief of wing safety.

"People who don't have a license, should call us to arrange to take the mandatory class required to receive one," Conley said. A stateside driver's license is needed before obtaining a license for local driving. Call Ext. 23304 for more information.

## Traffic congestion

The Headquarters Azores Air Zone is asking that U.S. Forces Azores members who use the main gate near the flightline to instead use the hospital gate between the hours of 7:15 to 8:30 a.m.

Also, the base schools request that people who live in Beira Mar housing who don't drop children off at the schools in the morning to use the Beira Mar gate to enter the base between 7:15 to 8:30 a.m.

Traffic congestion at the school and the main gate areas are the reasons for the requests.

## Whoppers of door prizes

The following people received prizes given away as part of the AAFES Whopper weekend.

**Pat Kelly**, 27" Panasonic color TV; **Delta Keith**, \$150 AAFES gift certificate; **Henriette Anderson**, ladies bicycle; **Tom Malaglowitz**, mens bicycle; **Catherine Huston**, \$100 AAFES gift certificate; and **Heather Shearer**, Sony portable CD radio.

**TEAM LAJES — PUTTING PEOPLE FIRST --  
 BOTH OUR VISITORS, AND OURSELVES**



# Scholastic book fair

The Lajes Parent, Teacher, Student Association will host a scholastic book fair Saturday from 9 a.m. to 8 p.m. at the community center. Titles from more than 100 publishers will be included.



Collections for students in grades seven to nine will be available as will reference books. Admission is free. There will be another fair March 23 to 27 at the elementary school. For more information, call Ext. 27933. The fair includes the high school.

## Lajes Team Player



SSgt. Philip Sutsko

Unit - 65th Services Division

DEROS - September, 1999

How do you contribute to the Team

Lajes mission - By providing fitness and sports activities to the base populace.

Like least about Lajes - It seems like it takes a long time to find answers to the surveys we complete - such as the internet survey etc.

Like most about Lajes - I enjoy traveling around the island and seeing all the historic landmarks and scenic views.



## police blotter

The police blotters are true incidents affecting members of the Lajes community for the period of Feb. 24 to Monday.

### ASSAULT

Breaking & Entering/Theft of Property

March 1 — Shed, secured. Person(s) unknown broke into a shed and stole various items.

March 1 — Shed, secured. A spouse telephoned security forces relating she observed a local national in their shed. An inventory revealed no items were missing and there were no signs of forced entry.

### DAMAGE TO GOVERNMENT PROPERTY

Feb. 28 — Off-base, secured. Person(s) unknown damaged two Bobcats. Damage consisted of a windshield and windshield wiper removed from the vehicles.

Feb. 28 — Off-base, secured. Person(s) unknown damaged a window to an off-base Govt. facility.

### LARCENY

Feb. 28 — Shoplifting, BX. A family member was detained for shoplifting.

Incident	Feb. 24 - March 2	98 CYTD
Assaults	0	2
Domestic assaults	0	1
Burglary	0	2
B&E/Sheds	2	5
B&E/Govt. Bldgs.	0	15
Larceny	1	20
Vehicle accidents	0	17
DUI	0	0
Vandalism	2	8

## Sorties

Feb. 23 - March 1

ACC - 10

AMC - 23

DOD - 13

ALLIED - 7



Last DUI - Sept. 15

Days without a

DUI - 172

The Next Strong Cajun is due  
March 17



# Team Lajes...

## Awards

The following people have received Air Combat Command level awards:

### 65TH OPERATIONS SUPPORT SQUADRON

**SMSgt. Ronnie Ward**, ACC Airfield Management Senior NCO of the Year.

**TSgt. Lidia Dow**, ACC Air Traffic Watch Supervisor of the Year.

### 65TH TRANSPORTATION SQUADRON

**1st Lt. Todd Bergman**, ACC Transportation Company Grade Officer of the Year.

**SrA. Roderick Fernandez**, ACC Transportation Airman of the Year and ACC Excellence in Traffic Management Award.

**65th Transportation Squadron Traffic Management Office - ACC TMO of the Year.**

### 65TH COMMUNICATIONS SQUADRON

**Capt. Robert Rankin**, ACC Communications Company Grade Officer of the Year.

**65th Communications Squadron**, ACC Outstanding Defense Information Infrastructure Facility, Category III.

## Promotions

The following people were promoted to the indicated rank during a ceremony Feb. 27.

**To Airman** — 629th Air Mobility Support Squadron - **Kevin Brown**

**To Airman First Class** — 65th Security Forces Squadron - **Sally Shanahan**; 65th Civil Engineer Squadron - **Carlton Slater**

**To Senior Airman** — 65th Communications Squadron - **Tamara Hocker**, **Stephanie Jackson** and **Emily Shepard**; 65th Medical Group - **Michael Lovett** and **Daniel Warren Jr.**

**To Staff Sergeant** — 629th AMSS - **William Everett**; 65th MG - **David Hicks**; 65th CS - **Thomas Schwalm**; 65th Operations Support Squadron - **Dennis Knight**; and 65th Air Base Wing - **James Reinhardt**

**To Technical Sergeant** — 65th CES - **Bernardo Borja** and **Carla Sundstrom**; 65th MG - **Aurora Carey** and **Adrian Davis**; 65th CS - **Warren Busbee** and **James Joiner**; and 65th OSS - **Laroy Saul**

**To Master Sergeant** — 65th CES - **Roy Nelson**; 65th Transportation Squadron - **Jose Delgado**; and 65th Comptroller Flight - **James Kokaly**

**To Senior Master Sergeant** — 65th Services Division - **Romero Allamani**; and 65th MG - **Bryan Addis**

## NCO Academy

Four members of Team Lajes graduated the McGuire NCO Academy class 98-2 Feb. 12. **TSgt. Tod Vanscoy**, 65th civil Engineer Squadron, received a Distinguished Graduate Award as one of the top 10 percent of the graduating class.

Other Lajes graduates were: **TSgt. Thomas Day**, 65th Operations Support Squadron; **TSgt. Earl DeCaccia**, 65th Security Forces Squadron; and **TSgt. Marlene Riserherron**, 65th Contracting Squadron.

# Safehouse program gives people a place to go

## Commentary

**SSgt. J.T. Hawk**  
65th Security Forces  
Squadron resource  
protection manager

The 65th Security Forces Squadron is implementing a community policing effort called the Safehouse Program. A Safehouse is a place for people to go when threatened or if they have been injured, to seek temporary refuge.

Safehouses will be located in all the military family housing areas, as well as Santa Rita Hill. These houses will be identified by a special decal which everyone will be able to see from the street.

The decal was designed by Matthew Mangan, a fifth grader at Lajes Elementary School, during a SFS sponsored poster contest. Mangan took first place and received a \$20 AAFES gift certificate, 65th Services Division gift certificates, and the privilege of having his artwork displayed throughout military family housing residences.

Second place went to Michelle

Vaz, another fifth grader. She received a \$15 AAFES gift certificate and services gift certificates.

Brittany Knickerbocker, a third grader, rounded out the winners at third place, receiving a \$10 AAFES gift certificate and services gift certificates.

The 65th SFS is soliciting volunteers to open their homes and become participants in the Safehouse Program. Volunteers will be asked to provide a refuge for Lajes members in emergency situations as well as provide a valuable service to their community. Anyone interested in becoming a volunteer will be registered with and trained by the 65th SFS.

Volunteers will become acquainted with actions to be taken when someone requests medical or police assistance and will be able to define their roles and responsibilities as Safehouse volunteers. They may be called upon to provide assistance ranging from a simple phone call to providing minor first aid. At no time are they to take actions that would endanger themselves or the person seek-



Matthew Mangan, a fifth grader at Lajes Elementary School, drew this winning poster. His artwork will become the Safehouse logo which will be displayed in the houses of participants in the program.

ing refuge.

Their involvement in this effort will ensure a quick response from security forces and emergency medical personnel and help eliminate the increasing number of children and other community members who are being harassed or injured while away from home.

When someone seeking refuge approaches a Safehouse, they immediately need to be taken into the home and the quarters locked. Volunteers need to determine if the individual is injured in any way

and provide first aid if necessary. Then, ascertain the reason for the refuge request. Ensure pertinent information is gathered to include the individual's name, address, home phone number and sponsor information before you call 911 for police or medical response. Try to keep the individual calm and await the arrival of emergency response personnel.

A blotter entry will be accomplished pertaining to the incident and Safehouse volunteer information will be included.





## action lines

The Action Line is your tool to help Team Lajes. However, before you call, try to resolve your issue through the appropriate agency. You may remain anonymous, but for a direct answer, please leave your name and phone number. Additionally, answers to anonymous inquiries will normally not be published. Use the following numbers to help solve problems through base agencies.

Family support	23122
AAFES manager	23209
Commissary	26124
Hospital	23615

Civil engineer	26113
Housing	26251
Chaplain	23411
CE customer service desk	23335
Security police	26114
Telephone service desk	119
Supply squadron	23832
TMO inbound	25168
TMO outbound	24213
Personnel flight	23612
Services	21322/
beeper 169-1174	

### Action Line 24240



Col. Rod Gibson, 65th Air Base Wing Commander, congratulates Amn. Kevin Brown, 629th AMSS, after his promotion.

## Maintenance worker parking

While coming home one afternoon I tried to park in the back of unit T-47. I was unable to do so because a maintenance worker had parked his POV in the road making it impossible for me to get my vehicle through. I asked him if he knew whose vehicle it was and he said no. My husband came out to see if he could get the car through but the

**maintenance worker's car was parked just far enough where we couldn't get through without damaging our vehicle.**

**This is a daily occurrence.**

**We don't have a place to park because the maintenance workers have nearly every spot. If we choose to reside in base quarters we should be guaranteed a spot to park. Beira Mar and officers have designated parking, why can't**

**we? There are occupants who have assigned parking who park behind T-47 in unassigned areas because it is at their back doorstep. It's not fair to us. This is an important matter that needs looking into.**

Our goal is to provide military family housing occupants one conveniently located parking space per housing unit. Upper T and Beira Mar housing areas have parking spaces reserved for each housing unit. In most of Lower T, this is an achievable goal as well. You are correct in that the parking situation in the area around T-12, the MFH maintenance facility, is not good. There are only 36 parking spaces in the immediate area. During the duty day there are 18 MFH occupants, 35 MFH maintenance workers and 12 MFH government vehicles as well as an unknown quantity of others such as maids, contractors etc., competing for parking spaces.

Because of this situation you have had to sacrifice, but a solution appears imminent. Currently, we are in the process of moving the MFH maintenance function out of T-12 and onto the base. That should solve the problem so I ask for your patience until the end of March.

## CROSSROADS

This funded Air Force newspaper is an authorized weekly publication for members of the U.S. military services overseas. Contents of the Crossroads are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

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All photographs are Air Force photographs unless otherwise indicated.

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[www.lajes.af.mil/pa/65thpa.htm](http://www.lajes.af.mil/pa/65thpa.htm)

## 'Miracle' mineral not all good news

**Capt. Debra Maxwell**  
*Registered dietician*

Chromium picolinate is the largest selling mineral in the United States after calcium, thanks to slick marketing claims that it boosts energy, melts fat and builds muscle.

Sounds good, so many people start popping the picolinate pills. But there is something you should know that advertisers don't tell you - workers who are exposed to high levels of the mineral run a high risk of cancer.

In a study by medical doctors, the chromium picolinate

damaged cell chromosomes, but didn't destroy them completely, which is especially problematic.

If a damaged cell dies, it cannot cause any more problems. It's when it survives and multiplies that cancerous tumors form. True, you would need to take a daily dose of 600 micrograms for five years to get toxic amounts to accumulate in your body, however, that is the amount recommended on some supplement packages.

What about the claims that it changes body composition for the better? Studies using placebos vs. chromium picolinate

show that after two months, those taking chromium had not gotten any stronger or more muscular than their placebo-popping counterparts - and they had not lost any more body fat.

Chromium may have a medical purpose. There is a growing body of evidence suggesting it may help lower elevated blood sugar in people who have diabetes.

Chromium, the thinking goes, might give insulin a boost. Great if you're a diabetic, probably not something you want to mess with if you're not.



## Ed's back with his look at the Azorean Islands. This week... Sao Jorge.

Unlike other Azorean islands, São Jorge is long and narrow with a line of volcanic peaks running down its length. Thirty-four miles long and five miles wide, São Jorge is about 96 miles square. Created by successive volcanic eruptions in a straight line, its central platform has an average altitude of 2,296 feet. The coast is very steep, almost vertical, particularly in the north.

The first reference to São Jorge dates from 1439 and in 1443 the island was inhabited. A Flemish nobleman, Wihelm van

der Haegen, was among the first settlers and founded the village of Topo in 1470. For centuries the island was isolated - lacking sheltered ports and having little trade. It was also affected by natural disasters, namely from volcanoes. An eruption in 1808 destroyed the village of Urzelina leaving only a church bell tower sticking out of the lava.

The island is divided into two municipalities or districts, Velas and Calheta. The Vila das Velas is the island's main town and has many attractive old buildings and churches. Calheta is built parallel to the coast. White houses shine among the green of the nearby cliff and the black rocks of the sea.

Other places worth visiting are: Ribeira Seca, with houses scattered over a green coastal plain; Manadas; Topo, where discoverers first landed, features a fishing port; and Urzelina, a picturesque village rebuilt after the devastating effects of an eruption.

But, one of São Jorge's main attractions and definitely worth visiting is the "Fajãs." These are flat areas originating from the collapse of cliffs that stretch along the coastline. All of them have been converted into fertile fields where yams, maize and vegetables are grown. Families also inhabit some of them. There are fajãs on both sides of the island. On the lower, sunnier southern coast one can find the fajãs of Velas, Grande, Vimes and São João, while on the north is a

## ask Ed

**Sr. Eduardo Lima**  
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succession of tiny fajãs at the bottom of ravines that are hundreds of feet deep. The most interesting ones are those of Caldeira de Santo Cristo (with an underwater cave and a lake where one can find clams, the only place in the Azores), Cubres (also with a crystalline lake) and Ouvidor.

Just like on Terceira, the Holy Ghost Festivals, which date back to the time of the settlers, are celebrated throughout the island. Street bullfights, brought from neighboring Terceira, are also sporadically held.

Typical meat and fish dishes of Azorean cuisine are also present in São Jorge. A special mention should be made, however, to its cheese, which is the best known of any of the islands and of international fame. Creamy, straw-colored, weighing from seven to 12 kilos and the size of wheels, it is cured for several months in rooms where a constant temperature is maintained, acquiring a honey-colored rind and a piquant flavor.

The introduction of farming, an airport and ports at Velas and Calheta, have brought some prosperity to São Jorge. The island is also in great demand by tourists especially during the summer months.



## Program protects mothers, unborn children

**SSgt. Martin Reed**  
*NCOIC, occupational and  
epidemiological services,  
65th Medical Group*

The 65th Medical Group has a Fetal Protection Program which effects all pregnant DOD employees and beneficiaries on this installation - whether they're active-duty, civilian employees, or a family members.

The FPP ensures pregnant workers are not required to perform duties that could adversely affect normal pregnancy or their unborn child.

The program is managed by public health,

but they share responsibility for specific parts of the program with the pregnant worker, the worker's supervisor and 65th MG physicians.

Supervisors must ensure workers understand that early intervention is necessary to help protect the unborn child. When pregnancy is suspected, workers must confirm the pregnancy as soon as possible at the base clinic or through a private physician. Once pregnancy is confirmed, the worker will be referred to public health for a preliminary workplace assessment and education on potential pregnancy-related health hazards.

The workplace assessment may include an

on-site visit to ensure operations within the shop don't create potential health hazards for the mother or developing child. Information on all potential exposures are provided to physicians who establish needed work restrictions to protect the mother and unborn child. Additional restrictions may be necessary if the duty situation changes.

Because most fetal development occurs during the first three months, early intervention is essential to protect both mothers and unborn child. Please report to the medical treatment facility as soon as you suspect pregnancy. For more information, consult Lajes Field Instruction 48-6, **Fetal Protection Program** or call public health at Ext. 23464.



# Transient Alert Airman takes talent, show on the road with the *Thun*

**SSgt. Rosaire Bushey**  
Editor

The Quad City Airshow in Iowa/Missouri isn't one of the biggest shows the Thunderbirds will attend during the course of a year. But, should they arrive when SrA. Craig Reuter is a member of the team the crowd will swell.

Reuter, a member of the 65th Operations Support Squadron Transient Alert Flight, was selected to be a part of the Air Force Aerial Demonstration Squadron in February. Reuter's family, which includes 16 brothers and sisters and three dozen nieces and nephews, make up nearly the entirety of his hometown of Sugar Creek, Iowa and they'll certainly be in attendance to see the baby of the family.

Reuter said his love affair with aviation can be traced back to a box of plastic during his childhood.

"The first model I ever built as a kid was an F-16 I received for Christmas when I was 6 or 7," he said. "I guess ever since then I've always been infatuated with the F-16."

That infatuation didn't take him directly into the Air Force, however. Reuter took an indirect route which didn't initially contain any serious thought about a tour with the T-Birds.

"After high school I did about a year and a half of college at the University of Iowa and then I moved around a bit," he said.

Reuter's moving took him through about nine jobs before he decided he wanted to go to flight school when the financial reality of the situation set in.

"Flight school would have set me back about \$50,000," he said. "So I went to talk to the Air Force recruiter. I decided that a few years in the Air Force would help me get some money to go to school."



SrA. Craig Reuter, 65th Operations Support Squadron Transient Alert Flight, works on an F-16 on the Lajes flightline recently. As part of the Thunderbirds, Reuter will be working on the F-16s the demonstration squadron uses in its performances around the world.

Reuter said that at first the Air Force was meant to be a four-year stint ending with him back in civilian clothes.

"I might go on to 20 now because I've had some really great opportunities and the Thunderbirds will be another dream assignment."

The Thunderbirds job won't be a radical departure from work Reuter has done in the past. As a crew chief at Shaw AFB, S.C., Reuter was a member of the 9th Air Force F-16 demonstration team.

"I think my time with the F-16 demo team has helped me prepare for the Thunderbirds," he said. "I've had to deal with the travel and what goes into getting a plane ready for a performance as well as the public relations aspects."

Growing up in such a large family, crowds aren't a problem for Reuter who looks forward to spending some time with members of his extended Air Force family.

"I have worked with several members of the Thunderbirds when we were stationed at Shaw together," he said. "I've also worked with people who were a part of the unit previously so I've got a pretty good idea of what to expect."

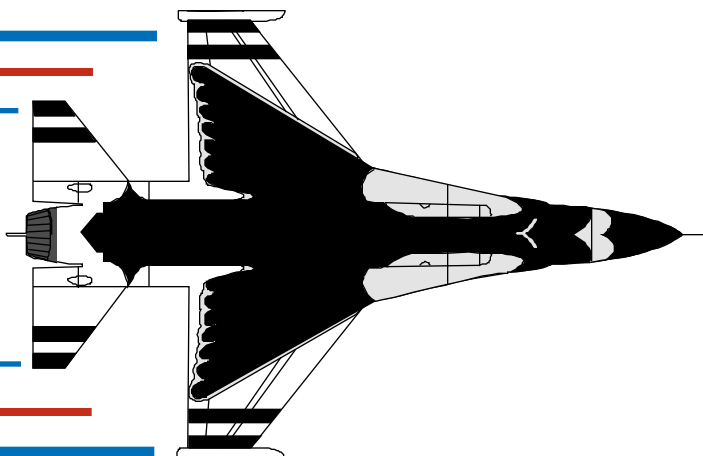
One thing is certain, Reuter will see a lot more of his favorite aircraft than he does presently working with Lajes' TA flight.

"Whenever any F-16s come in, I try to get out to the flightline, whether or not it's my shift," he said.





# Thunderbirds



Photos/Guido Melo

Reuter was selected to be a part of the Thunderbirds in February but won't report to the team until 1999.

"Craig is one of our three local F-16 guys," said MSgt. Quinton Owens, transient alert superintendent. "We have maintainers from many different aircraft and we teach each other about the planes that come through," he said. "Having Craig here has been great for the guys who haven't had a chance to work on the F-16 airframe; in the same way that having the other guys here helps Craig on aircraft different than what he's worked with on a regular basis in the past.

"It's a great honor for him to be selected for the Thunderbirds. A lot of people put in applications and get turned down; he got accepted. It says a lot about an individual when you get chosen to be part of the Thunderbirds," Owens said.

The people making the selections for the

130 enlisted positions on the team, of which 30 to 40 are crew chiefs, were no less impressed by what they saw with Reuter's application.

"Each crew chief application package goes through key supervisors including the flight chief, myself, the maintenance officer, first sergeant, executive officer and commander," said CMSgt. Bruce Voigt, Thunderbirds maintenance superintendent.

Voigt said all packages, which include letters of recommendation, seen by the team are exceptional and it's the one or two areas that stand out that will make the difference in determining who gets to be part of the Air Force's premier demonstration team. Reuter, Voigt said, had several such stand-out points.

"The fact he was a crew chief with the 9th Air Force demonstration F-16 was a big plus," Voigt said. "We also noticed he's pursuing education, he's completed private pilot ground school and he still receives superb ratings on his performance reports. He was selected as part of a fierce competition which is highly competitive."

"If you get selected to be on the Thunderbirds, that's really an accomplishment in your career," he said. "Craig is one of the best of the best."

For Reuter the selection represents what he too believes will be a high point in his career.

"When I first came in the service I thought becoming a member of the Thunderbirds was an unobtainable goal," Reuter said. "As I met more people who had been a part of the team they suggested I apply so I did. What better place to work on the ideal aircraft than on the ideal team?"

Since the beginning there has been a common thread for Reuter throughout his life.

From growing up as the youngest member of nearly two complete baseball teams; to the Air Force; and soon with the

Thunderbirds and millions of aviation enthusiasts throughout the world - for SrA. Craig Reuter, it's all about family.





## Airmen support research of last total eclipse of century

**SSgt. John B. Dendy IV**  
*24th Wing Public Affairs*

HOWARD AIR FORCE BASE, Panama — Airmen in Panama supported the world's principal research effort on one of the last total solar eclipses of the 20th century Feb. 26.

A C-130 government research aircraft taxied around the airfield at Howard AFB Feb. 18 and 19, allowing scientists onboard to calibrate detectors aimed at the corona of the sun to find structures never observed.

The ground maneuvers were a prelude to a Feb. 20 research flight with the C-130's instrument suite operating in an unpressurized state at 18,000 feet. A basketball-hoop-sized port-hole remains open to the sky so that an onboard telescope can have a moisture-free view of the target, "Old Sol."

The eclipse is best viewed where the rain forest frontiers of Panama and Colombia join, so the location and appropriate air and space facilities at Howard makes the base home for the research team for a few days, said the mission's principal investigator, Robert MacQueen, of Tennessee's Rhodes College.

"It zips across the Earth at about 1,800 miles per hour," MacQueen said of the shadow that was produced by the eclipse. "There was a four-hour period where we flew over the Pacific Ocean west of Panama to have the shadow of the moon aligned with us," as the scientists tracked the sun on eclipse day (Feb. 26)."

The C-130 helps its crew hunt for spectral lines that will provide the most definitive info on coronal magnetic field strengths to the research community. Parallel with this mission, ground crews and satellites were observing a ground station and a NASA Solar and Heliospheric Observatory satellite. The data from each could eventually lead to better prediction of the coronal mass ejections that launch solar storms and impact the world's access to satellite communications and power grids.

While not the star of the show, the white C-130 operated by the National Center for Atmospheric Research is distinctive among the mostly gray and green counter-drug and airlift mission planes that transit Howard. Since arriving, local airmen have been doing everything from providing security for the aircraft, to air conditioning the vessel - as they do any transient aircraft. Cryogenics people provided 30 liters of liquid nitrogen for the researcher's



A National Science Foundation L-100, the civilian model of the C-130, takes off from Howard AFB, Panama. The sensor-heavy L-100 tracked a portion of the total solar eclipse over Panama's Darien region Feb. 26.

onboard telescope every other day.

"We selected Howard as our base due to the reasonable prospects for weather, and an airfield that can support the C-130 operations," MacQueen said. An advance crew that traveled here in July was impressed with Howard's facilities and the "positive" attitudes of its people, said the expedition's principal scientist Jeff Kuhn of the National Solar Observatory. "It's a big collaboration we've been planning for one-and-a-half years. Eclipses happen somewhere in the world every year...but a total eclipse is pretty rare. The option to use the air-plane surfaced one year ago."

The C-130 was the porter for the expedition, and supplies fresh air straight through the roof, said the mission's solar physicist and theoretician, Philip Judge of National Center for Atmospheric Research. MacQueen and Kuhn lead the team that made the proposal for the project three years ago, Judge said.

Kuhn and Haosheng Lin of the National Solar Observatory in New Mexico designed the instrument package for the C-130. Ingrid Mann of Germany's Max Planck Institute for Aeronomy designed an instrument spar that points directly at the sun when extended through the 16-inch-wide doorway in the aircraft's roof.

After launching from Howard, the team stationed itself at an altitude of 18,000-feet in the unpressurized payload area to monitor the solar eclipse above the Panama-Colombia rain forest before returning to Howard with the data.

Airmen will protect and service the plane before it redeploys to the United States, historic scientific mission complete.

## Last U-2R goes to depot for re-engining

**SSgt. James Brabenec**  
*9th Reconnaissance Wing Public Affairs*

BEALE AIR FORCE BASE, Calif. — Beale's last U-2R reconnaissance aircraft flew out recently to the Lockheed-Martin Skunk Works facility in Palmdale, Calif., where it will be upgraded to an S model.

The new U-2S model features an upgraded engine and provides better fuel economy and relieves some of the pilot workload, said Lt. Col. Mario Buda, 1st Reconnaissance Squadron commander.

"The S model simplifies engine management for the pilot," said Buda. "While the R model required pilots to pay attention for an engine over-temperature concern, the S model has an on-board computer to manage the engine system."

While the airframe will remain essentially the same, the lighter engine provides the U-2 with up-to-date technology, and improved reliability and maintainability.

"The new computer-controlled engine reduces maintenance effort and aircraft downtime," said Master Sgt. James Cox, 99th Reconnaissance Squadron propulsion element chief.

The new engines are in the same "engine family" as those used in F-16s, F-117s and B-1s. U-2S aircraft share about 88 percent of its parts with the standard production engine making it much easier and cheaper to get replacement parts, said Fred Carmody, Lockheed Advanced Development Co. field operations manager.

The new engine and accessories are also about 1,300 pounds lighter than the previous version, allowing the U-2S to fly higher.

Beale's U-2 fleet began engine upgrades in 1994. The U-2R flew its last operational sortie from France early last year. The U-2R flew more than 30,000 operational missions.

Beale operates U-2s from four operating locations worldwide.



## Sports briefs

### Fun run

The 65th Civil Engineer Squadron Environmental Flight needs volunteers to help set up the Earth Day fun run. To help, contact Anne Saul at Ext. 23143.

### TILGA meeting

The organization is open to all ladies of the island, both beginners and seasoned players. The next general membership meeting will be Saturday at 9:30 a.m. at the golf course. For more information about tournaments or membership, call Ext. 542729 or 28555.

### Golf tourney

There will be a golf tournament to raise money for the Enlisted Heritage Ball March 13 beginning at noon. The tournament will be a four-person, best-ball format. The entrance fee is \$10 per person. All money raised will help reduce ticket prices for the ball. For more information, call Ext. 26138, 23921 or 25154.

### Aerobics classes

The Chase Fitness Center offers daytime aerobics classes Monday, Wednesday and Friday from 11:30 a.m. to 12:30 p.m. and Tuesday and Thursday from 4 to 5 p.m.

Evening classes are held Monday through Thursday from 6 to 7 p.m. and a weekend class is held Saturday from 1 to 2 p.m.

For more information, call the gym at Ext. 25151.

### Sports Zone

The Sports Zone is open Tuesday through Friday from 11 a.m. to 6 p.m. and Saturday from noon to 6:45 p.m. It is closed Portuguese holidays. The Sports Zone carries a wide variety of sporting gear and clothing. For more information, call Ext. 22492.

### Gym hours

The Chase Fitness Center has new hours of operation. They are:

**Monday through Friday** from 5 a.m. to 10 p.m. On Saturday and Sunday the hours remain noon to 7 p.m. The gym is open on American holidays from 8 a.m. to 10 p.m. and on Portuguese holidays from 5 a.m. to 10 p.m.

For more information, call they gym staff at Ext. 25151.

# Lajes forms teams for off-base VB league

**TSgt. Patricia Collins**  
*NCOIC, public affairs*

Competition. It's the edge that makes good players great. And competition is what several men and women at Lajes are looking for by joining a volleyball league in the local community.

Tryouts for the varsity teams will be held Sunday from 4 to 6 p.m. for women and from 6 to 8 p.m. for men. Anyone can try out for the team including teens. All it takes, according to Scott Astrosky, coach, is the skills necessary to make the team.

"Some people have skills and want to keep them sharp even though they're located on a remote island," said Astrosky. "We have a lot of talent here and by playing in a league off base we can keep those skills sharp and have fun at the same time. I'd like to see



Brian Shifflet, a member of the 629th Air Mobility Support Squadron's intramural volleyball team serves during a game Tuesday night. The AMSS team beat Security Forces/AFN 15-1, 15-0.

*Photo/Guido Melo*

the teams win the league, but if we don't we will still have the opportunity to play."

For more information, call Astrosky at Ext. 26130.

## Vitamins: to take them or not

**Capt. Debra Maxwell**  
*Registered dietitian*

Many people take vitamins because they eat a poor diet or have heard they need more vitamins than they can get in a normal diet. The truth is, vitamins don't make up for a poor diet, and if you do eat a healthy diet of five fruits and vegetables a day, then you don't need a vitamin.

There is no "fat-melting" vitamin or "energy" vitamin. Energy comes from calories and for most of us, getting enough of that is not a problem. Some people take a general, multi-purpose vitamin which will probably not hurt them. What can hurt, however, is when a large dose of one vitamin is consumed because that can throw off the delicate balance which the body requires.

For instance, new studies on beta-carotene reveal interesting results. It appears now that large doses of beta-carotene might suppress the utilization and absorption of other carotenoids.

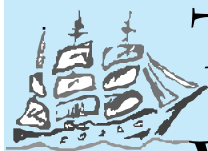
Beta-carotene is the best known member of a group of more than 500 natural compounds called carotenoids. It appears that other carotenoids like lycopene, which gives tomatoes their red color, and lutein, found in green leafy vegetables, may fight chronic diseases like cancer and heart disease as well as or better than beta-carotene.

Scientists are now beginning to think that carotenoids work best in preventing diseases as a team -- the way they occur naturally in fruits and vegetables -- instead of in isolation.

So, don't depend on supplements to ward off disease, but eat lots of different kinds of fruits and vegetables. This is proven to help prevent cancer and other chronic diseases.

So, if you are thinking about supplements with chromium, save your money. If you are wondering what foods have chromium in them, consider these foods (from most to least): broccoli, grape juice, waffles, English muffins, ham, bagels, beans, orange juice, beef and barbecue sauce.

For more information, call Ext. 23889.



## TRADE WINDS

### Saturday

Lunch: Sukiyaki, Chinese five spice chix, pasta primavera

Dinner: Grilled ham steak, szechwan beef, tuna-noodle casserole

### Sunday

Lunch: Baked Italian sausage, grilled mock fillet steak, vegetarian pizza

Dinner: Pork chop suey, baked and fried chicken, ginger pepper steak

### Monday

Lunch: Cajun meatloaf, iscas a Portuguesa, chicken chow mein

Dinner: Stuffed green peppers, roast turkey, sasauge, peppers and onions

### Tuesday

Lunch: Beef alcatra, spaghetti, pepperoni pizza

Dinner: Swedish meatballs, fried fish portions, gingered pork

### Wednesday

Lunch: Sauerbraten, ervilhas a Portuguesa, jaegerschnitzel

Dinner: Barbecue beef cubes, chicken vega, pasta primavera

### Thursday

Lunch: Tamale pizza, balcalhau, cozinha velha, baked and fried chicken

Dinner: Lasagna, tempura fried fish, turkey enchiladas

### Jan. 16

Lunch: Lombo de porco, Italian meatloaf, vegetable chow mein

Dinner: El rancho stew, mustard dill baked fish, beand and cheese enchiladas

(Note: Menu subject to change without notice.

Daily hotline menu:

Ext. 24248.)

## Briefs

### ESC spring bazaar

The enlisted spouses club will have their spring bazaar March 14 at the community center from 10 a.m. to 4 p.m. Contracts are available at the CC for anyone interested in reserving a table at this year's event. For more information, call Ext. 28237.

### Study skills course

There will be a study skills test taking course March 19 from 9 a.m. to 4 p.m. in Bldg T-400, Room 221. The course is free. To sign up, call the education office at Ext. 23355.

### Photo session

The youth center will have a photo session Saturday from 1 to 3 p.m. for walk-ins and 1 to 4 p.m. for appointments. There is no sitting fee. For more information, call Ext. 23273. Services also has a coupon for an extra free photograph.

### NCOA nominations needed

The Lajes chapter of the Noncommissioned Officer Association will meet March 16 at 4 p.m. at the club. Nominations will be taken for chapter officers and all members or people who are interested in joining, are invited to attend. The chapter is open to enlisted members of all branches of the service. Call Ext. 22369 for more information.

### Position open

City Colleges of Chicago is accepting applications for the following part-time positions: field representative and test administrator. Applicants must have a bachelor's degree and one to three years of general work experience, preferably in an education environment. Applications can be picked up from the CCC of-

*Continued on Page 11*

Call Ext. 22369



[busheyr@abw65.lajes.af.mil](mailto:busheyr@abw65.lajes.af.mil)

- 1991 Plymouth Laser 57k miles, has only 4k on new engine, will be available April 1. \$5,800 or best offer. Call Ext. 21230 or 26131.

- Computer - Pentium 133Mhz with 14" monitor, 28.8 fax/modem, sound card, speakers, color printer, 1GB hard drive, 32MB EDO RAM, 4x CD-ROM and 2MB video card, \$950. Call Ext. 28712.

- Ladies mess dress, size 8, \$50; highchair, \$20; security fence, \$8; training chair, \$4. Call Ext. 28776 after 6 p.m.

- IBM 486 compatible computer; includes color monitor, 5.25 and 3.5 drives, external CD ROM, 9 pin Panasonic (MDL 1100) plus software. Great for school, \$399. Call Ext. 28860.

- 1985 Ford Tempo, for parts only. Make an offer. Call Ext. 26131 during duty hours.

- Cottage H-156 Santa Rita, cozy family home, 4 bedroom, 1 bath, large kitchen and master bedroom, dining/living rooms with fireplace. Many renovations done already. Cemented basketball court, fenced in yard. Includes two dehumidifiers, refrigerator and ceiling fan. Must see, \$18,500 call Ext. 26560 or 28911.

- Mens left handed golf clubs. Brand new,

still in box, Wilson Pro-Tequique golf clubs, 1-3 Woods, 3-PW irons. Graphite shafts, asking \$220 OBO. Call Ext. 28417 after 5 p.m.

- Cottage, \$8,000. Land rent 9,000 escudos. Two bedrooms, 1 bath, fenced backyard. H-121 Santa Rita Hill. Call Ext. 28000 or 23689.

- Cottage H-184, single unit, fenced yard. 3 bedrooms, 1 bath, exterior shutters, new light fixtures, 3 ceiling fans, curtains, blinds, and rugs included. Call Shelley at Ext. 24133 or 28523 after 6 p.m.

- **FREE** - Orange male cat, neutered and declawed. Good family pet he comes with all accessories. Toys, food, litter, carrying cage and kitty bed. PCSing can't take Tigger with us. Call Ext. 25215 Monday through Friday or Ext. 28096 after 3 p.m.

- Molly needs a home. Medium size brown (beautifully marked) dog. Shots up-to-date, house broken, spayed. Ideal for a couple with older children. Gets along well with cats - she does everything but meow. If interested, call Ext. 28074 for more information.

- Car booster seat, \$18; boys 12" bicycle, \$20. Call Ext. 28026 after 5:30 p.m. for more information.

**Classified ads run on a space available basis for two weeks.**



## Briefs *Continued from Page 10*

fice in Bldg. T-426 and will be accepted until April 10. For more information call, Pat Conley at Ext. 23375.

### Early out for students

The Lajes High School and Elementary School students will be released at 1:15 p.m. March 13 for joint staff development.

### Women's luncheon

The Federal Women's luncheon is scheduled for March 20 at noon in the club ballroom. The theme is: Living the Legacy of Women's Rights. The speaker is Pat Camella, Vice Council, U.S. Embassy, Ponta Delgada. The menu is baked Portuguese chicken or sautéed vegetable medley with rice. The cost is \$8 for club members or \$10 for non club members. For tickets people should see their unit FWP representatives. They are: Chris Jackson, CES; Maj. Kimberly Cox, MG; Fatima Homem, Trans; MSgt. Leanne Amundson, SUPS; SrA. Michelle Amos, SVD; TSgt. Jordana Jacobs, AFNews; Louise Williams, CONS; TSgt. Karen Ernst, AMSS; Kathy Peters, ABW/T-100; MSgt. Deb Huntley, MSS; and Betty Palmer, CS. Call Anne Saul, FWP manager, at Ext. 23143 for tickets

or more information.

### PCS immunization

People who are PCS'ing soon should make sure both they and their family members make a visit to the immunization clinic 30 to 90 days before departure. People must bring their shot records. For more information, call the clinic at Ext. 23584.

### ESC meets

The enlisted spouses club will hold their March general membership meeting Tuesday at the club at 7 p.m. All spouses of enlisted members and civilian equivalents are welcome to attend. For more information, call Ext. 28782.

### Play group meeting

The community center is holding an organizational meeting Tuesday at 6 p.m. for people interested in forming a base theatre group. For more information, call Ext. 24135.

### Test taking course

A study skills test taking course will be held March 19 from 9 a.m. to 4 p.m. in Bldg. T-400, Room 221. The course is free. Sign up at Education Center by calling Ext. 23355.

### Chief induction

There will be an induction for new chief master sergeants March 20 at 6:30 p.m. at the Top of the Rock Club. The ceremony will be a mess dress or formal dress affair. Everyone is welcome to attend. Reservations and dinner choices are needed by March 16. For more information, call Ext. 24133. The menu choices are prime rib or cherne.

### Story time

The library is offering Tuesday story times Tuesday and March 24 at 3 p.m. Friday story times are held at 3 p.m. For more information, call the library at Ext. 23688.

### Tax tip

## Children may have to file too

**1st Lt. Dane McKenzie**  
Base tax advisor

Many people have children with some income of their own, either from a job or from investments.

At what point do children have to file a return and pay tax? In general, if a child has under \$650 of income, he/she does not have to file.

If a child's entire income is from a job (no investment income), he/she does not have to file a return if the income is under \$4,150.

However, if federal taxes were withheld, the child should file to receive a refund. If your child has both wages and investment income, and the total is over \$650, a tax return must be filed.

Children age 14 and over report all of their income on their own return, and are taxed at their own rates.

If your child is under age 14, the tax calculation is more complicated. Investment income between \$650 and \$1,300 is taxed at the child's tax rate, and the portion over \$1,300 is taxed at the parents' marginal tax rate.

To calculate the tax, you have two choices. You may report the income on your tax return and fill out Form 8814 to figure the additional tax due. This option may seem easier than the second, but it usually results in a higher overall tax. The other option has the child filing his/her own tax return. The tax is figured on Form 8615.

If you have any questions on this or any other tax issue, contact the tax center at Ext. 22420 or 22421.

### AFI 36-2903

#### Tip of the Week

##### **Courtesy - Lajes First Sergeant's Council**

Got a beeper or cellular phone? Did you know they can only be worn in uniform if it is required in your military duties. If authorized, they are worn clipped to the waistband, clipped to your purse or carried in the left hand.

Stay safe, stay happy, and most of all stay in standards. Remember, you represent us all.

#### **Protestant schedule**

Saturday — 6:18 p.m. -

Lutheran

Sunday — 9 a.m.

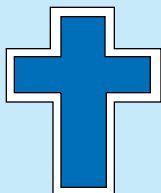
Evangelical service

Noon Gospel service

#### **Catholic schedule**

Saturday — 5 p.m. Mass

Sunday — 10:30 a.m. Mass



#### Thought for the Week

*For you are my lamp, O Lord; the Lord shall enlighten my darkness.*  
2 Samuel 22:29

# —Focus group—

The Crossroads is looking for 12 to 15 people to take part in a focus group March 13 at 10 a.m. to discuss the base paper and how it can better serve the base population. People interested in taking part should call Ext. 22369 by Monday.





# Movies

All show times are at 7 p.m. unless indicated. Movies are subject to change without notice. Call Ext. 23302 for information. (V= violence; S=sex; D=drug use; L=language)



## Saturday

**Firestorm**  
R (V•L)  
88 min

• Howie Long and Scott Glenn. While fighting forest fires, Jesse Graves comes upon escaped convicts disguised as firefighters. He must outsmart the criminals and rescue a hostage.

## Sunday

**Mouse Hunt - 1500**  
PG (L) 97 min

**Tomorrow Never Dies**  
PG-13 (V•S)  
119 min

• Nathan Lane and Christopher Walken. Two brothers inherit a mansion worth a fortune, but first they have to rid the house of a pesky mouse.

• Pierce Brosnan and Jonathan Pryce. The 18th installment of the 007 series.

## Monday

**Firestorm**  
R (V•L)  
88 min

• See Saturday for details.

## Tuesday

**Midnight in the Garden of Good and Evil**  
R (V•L)  
134 min

• Kevin Spacey and John Cusack. Seen through the eyes of a lawyer who moves to Savannah, Ga., and becomes involved in the events following a shocking murder.

## Wednesday

**Eve's Bayou**  
R (V•S)  
105 min

• Samuel L. Jackson and Lynn Whitfield. On her Louisiana bayou, 10-year old Eve struggles to understand her family during a summer in the '60s. Her family copes with secrets while battling demons both visible and hidden.

## Thursday

**The Postman**  
R (V•S)  
170 min

• Kevin Costner and Will Patton. In the post apocalyptic west towns are ruled by dictators. The postman's words become an inspiration for the oppressed citizens.

## March 6

**Tomorrow Never Dies**  
PG-13 (V•S)  
119 min

• See Sunday for details.

## SATURDAY

- 0030 Showbiz Today
- 0100 College basketball - Big East Semifinal
- 0300 College Basketball Update
- 0330 College basketball - Big East Semifinal
- 0530 ABC World News Tonight
- 0600 CNN/SI
- 0630 NBC Nightly News
- 0700 Puzzle Place
- 0730 Magic School Bus
- 0800 Darkwing Duck
- 0830 Sylvester and Tweety Mysteries
- 0900 AAH! Real Monsters
- 0930 Eerie, Indiana
- 1000 New Explorers
- 1100 Hometime
- 1130 America's Family Kitchen
- 1200 Headline News
- 1230 Navy/Marine Corps News
- 1300 College basketball - WAC semifinals
- 1500 Sliders (part 1 of 2 - special rerefed)
- 1600 WWF Superstars
- 1700 The Entertainers
- 1800 College basketball - Conference USA Championship
- 2000 College basketball - Big 10 Conference semifinal
- 2200 Married With Children
- 2230 Everybody Loves Raymond
- 2300 Drew Carey
- 2330 Nanny

## SUNDAY

- 0000 College basketball - Atlantic 10 Championship
- 0200 College basketball - Big East Championship
- 0400 20/20
- 0500 Headline News
- 0530 Hour of Power
- 0630 Center Street
- 0700 Coral Ridge
- 0730 Creflo Dollar
- 0800 Nightmare Ned
- 0830 Shakespeare: Animated Theater
- 0900 Dr. Quinn: Medicine Woman
- 1000 Captain Courageous
- 1200 Headline News
- 1230 Army Newswatch
- 1300 College basketball - Big 10 semifinal
- 1500 College basketball - SWAC Conference Championship
- 1700 JAG
- 1800 Hercules
- 1900 College basketball - ACC Championship
- 2100 NBA basketball - Seattle at Minnesota
- 2330 NBA basketball - Chicago at N.Y. Knicks

## MONDAY

- 0200 Wall Street Journal Report
- 0230 Computer Chronicles
- 0300 Showtime at the Apollo
- 0400 Friday Night
- 0500 Meet the Press
- 0600 Headline News
- 0630 CNN/SI
- 0700 Sesame Street
- 0800 Busy World of Richard Scary
- 0830 Kiara Flex Appeal

- 0900 Oprah Winfrey
- 1000 Port Charles
- 1030 Guiding Light
- 1100 General Hospital
- 1200 Headline News
- 1230 Wheel of Fortune
- 1300 Today
- 1500 What a Mess
- 1530 Ace Ventura: Pet Detective
- 1600 Captain Planet
- 1630 Secret World of Alex Mack
- 1700 Jeopardy
- 1730 ESPNews
- 1800 Headline News/News 8
- 1830 Navy Marine Corps News
- 1900 60 Minutes
- 2000 Murphy Brown
- 2030 Frasier
- 2100 New York Undercover
- 2200 Headline News/News 8
- 2230 Tonight Show with Jay Leno
- 2330 Late Show with Letterman

## TUESDAY

- 0030 Showbiz Today
- 0100 El Diablo
- 0300 The Mighty Quinn
- 0500 Headline News
- 0530 ABC World News Tonight
- 0600 CNN/SI
- 0630 NBC Nightly News
- 0700 Sesame Street
- 0800 Fraggle Rock
- 0830 Fitness Beach
- 0900 Montel Williams
- 1000 Port Charles
- 1030 Guiding Light
- 1100 General Hospital
- 1200 Headline News
- 1230 Wheel Of Fortune
- 1300 Today
- 1500 Sports Illustrated For Kids
- 1530 All Dogs Go To Heaven
- 1600 Bill Nye, Science Guy
- 1630 Saved by the Bell
- 1700 Jeopardy!
- 1730 ESPNews
- 1800 Headline News/News 8
- 1830 CNN Showbiz Today
- 1900 Sliders
- 2000 Miracle on I-880
- 2200 Headline News/News 8
- 2230 Tonight Show With Jay Leno
- 2330 Late Show With David Letterman

## WEDNESDAY

- 0030 Showbiz Today
- 0100 The Godfather Part II
- 0500 Headline News
- 0530 ABC World News Tonight
- 0600 CNN/SI
- 0630 NBC Nightly News
- 0700 Sesame Street
- 0800 Sesame Special - Learn Number
- 0830 Body Shaping
- 0900 Oprah Winfrey
- 1000 Port Charles
- 1030 Guiding Light
- 1100 General Hospital
- 1200 Headline News
- 1230 Wheel Of Fortune
- 1300 Today
- 1500 Superman '96
- 1530 Taz Mania
- 1600 Global Guts
- 1630 Space Cases
- 1700 Jeopardy!
- 1730 ESPNews
- 1800 Headline News/News 8
- 1830 CNN Showbiz Today
- 1900 Nick Freno
- 1930 Simpsons
- 2000 Star Trek Deep Space Nine
- 2100 X-Files
- 2200 Headline News/News 8
- 2230 Tonight Show with Jay Leno
- 2330 Late Show with Letterman

## THURSDAY

- 0030 Showbiz Today
- 0100 Unsolved Mysteries
- 0200 NBA Basketball - Indiana at Detroit
- 0430 America's Funniest Videos
- 0500 Headline News
- 0530 ABC World News Tonight
- 0600 CNN/SI
- 0630 NBC Nightly News
- 0700 Sesame Street
- 0800 Fraggle Rock
- 0830 1998 World's Largest Concert
- 0900 Montel Williams
- 1000 Port Charles
- 1030 Guiding Light
- 1100 General Hospital
- 1200 Headline News
- 1230 Wheel Of Fortune
- 1300 Today
- 1500 Animaniacs
- 1530 Goof Troop
- 1600 Eerie, Indiana
- 1630 Nick News
- 1700 Jeopardy
- 1730 ESPNews
- 1800 Headline News/News 8
- 1830 Showbiz Today
- 1900 The Single Guy
- 1930 Seinfeld
- 2000 Caroline in the City
- 2030 Boston Common
- 2100 ER
- 2200 Headline News/News 8
- 2230 Tonight Show with Jay Leno
- 2330 Late Show with Letterman

## March 13

- 0030 Showbiz Today
- 0100 America's Funniest Videos
- 0130 College Basketball - NCAA Championships - First round
- 0630 NBC Nightly News
- 0700 Sesame Street
- 0800 Sesame Special - Story Time
- 0830 Kiara Flex Appeal
- 0900 Oprah Winfrey
- 1000 Port Charles
- 1030 Guiding Light
- 1100 General Hospital
- 1200 Headline News
- 1230 Wheel Of Fortune
- 1300 Today
- 1500 Superman '96
- 1530 Taz Mania
- 1600 Global Guts
- 1630 Space Cases
- 1700 Jeopardy!
- 1730 ESPNews
- 1800 Headline News/News 8
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- 1900 Nick Freno
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- 2000 Star Trek Deep Space Nine
- 2100 X-Files
- 2200 Headline News/News 8
- 2230 Tonight Show with Jay Leno
- 2330 Late Show with Letterman